



Grant County Health Dept

111 South Jefferson St, Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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Understanding Food Product Dating

There is only one product required by federal law to have a best quality date listed, and that is infant formula. All other food products have a date listed voluntarily. Some states do have their own laws regarding food dating. The dates listed must be truthful and not misleading according to FSIS (Food Safety and Inspection Service) regulation.

Often there is confusion about the meaning of date-labeling phrases on food products. This results in confusion and wasted food. Food product date-labels as defined by the Food Safety & Inspection Service:

✕ A **"Best if Used By/Before"** indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

✕ A **"Sell-By"** date tells the store how long to display the product for sale for inventory management. It is not a safety date.

✕ A **"Use-By"** date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

The dates listed on food products do not indicate when the food is no longer safe to eat, except in the case of infant formula. Food products should still be safe to eat if handled properly until spoilage is evident. Signs of spoilage include an off odor or off flavor or texture.

Source: USDA, Food Safety & Inspection Service

<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

Food Safety for Preschoolers

Preschoolers' immune systems are still developing. Follow important general food safety guidelines to avoid foodborne illness. Follow these additional food safety guidelines to keep your preschooler healthy and safe. You can also print the Food Safety Tips for Preschoolers handout.

Wash Hands Often Hand washing is one of the most important ways to keep your preschooler from getting sick. Children should wash their hands with warm water and soap for 20 seconds at a time:

- After using the bathroom
- Before and after handling food or eating
- After playing with pets or visiting a petting zoo
- After coughing or sneezing
- When their hands are dirty

Prevent Choking Prevent choking by avoiding small or tough pieces of food. Your preschooler can easily choke on some foods. Avoid foods that are smaller than one-half inch (1/2 in.) or about the size of a nickel such as:

- Peanuts •Chewing gum •Round slices of hot dog or sausage
- Whole grapes •Cherry tomatoes •Tough meats

To prevent choking, have your preschooler sit down when they eat. Avoid letting them run, walk, play, or lie down with food in their mouth.

Avoid Raw Foods Some foods are more likely to cause foodborne illness. Avoid serving your preschooler the following foods:

- Unpasteurized (raw) milk or any products made from unpasteurized milk
- Raw or partially cooked eggs or foods containing raw eggs
- Raw or undercooked meat, poultry, fish, and shellfish. Cook foods to safe minimum internal temperatures
- Unpasteurized juices
- Unwashed fruits or vegetables, especially raw sprouts

Serve Safe Seafood Some types of seafood may contain unhealthy chemicals, like mercury. Choose fish lower in mercury to make sure what your child eats is safe. Choices that are lower in mercury include:

- ◆Salmon ◆Flounder ◆Tilapia ◆Trout ◆Pollock ◆Catfish

For more information, visit FoodSafety.gov.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW
Extension**

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Jul 17th—Cuba City St Rose -
Mazzuchelli Hall - 9:30am to 3:30pm

Jul 18th—Late Boscobel Tuffley Center
- 2:00pm to 6:30pm

Jul 19th—Platteville Lutheran Church
of Peace—9:00am to 3:30pm

Jul 24th—Lancaster Schreiner Memorial
Library—9:00am to 3:30pm

Jul 25th—Bloomington West Grant
Rescue Squad Bldg—9:00am to 3:30pm

Jul 26th—Platteville Lutheran Church
of Peace—9:00am to 3:30pm

Aug 1st—Late Muscoda Kratochwill
Building—2:00pm to 6:30pm

Aug 2nd—Platteville Lutheran Church
of Peace—9:00am to 3:30pm

Aug 8th—Fennimore United Methodist
Church - 9:00am to 3:30pm

Aug 14th—Boscobel United Methodist
Church—9:30am to 3:30pm

Aug 16th—Late Platteville Lutheran
Church of Peace—3:00pm to 6:30pm



Grant County Health Dept
will be closed on July 4th and
September 3rd.

Get Ready for School

The State of Wisconsin requires the following immunizations for school entrance:

Children going into Pre-K (ages 2 through 4 yrs) should have:

DTaP	4 doses
Polio	3 doses
Hepatitis B	3 doses
MMR	1 dose
Chickenpox/Varicella	1 dose (Or history of disease)

Children going into 5K (kindergarten) through 5th Grade should have:

DTaP	5 doses*
	*(if the 4th dose was before their 4th B-Day)
Polio	4 doses
Hepatitis B	3 doses
MMR	2 doses
Chickenpox/Varicella	2 doses (Or history of disease)

Children going into Grades 6th through 12th

DTaP	5 doses*
	*(if the 4th dose was before their 4th B-Day)
Polio	4 doses
Hepatitis B	3 doses
MMR	2 doses
Chickenpox/Varicella	2 doses (or history of disease)
Tdap -	1 dose (in the past 5 years)

After your child receives their immunizations, please send the immunization dates to your school. The Grant County Health Department provides immunizations free for children with BadgerCare or no insurance to cover vaccines.

The Tdap vaccine is currently free for persons due to reported cases of those diseases in Wisconsin. Call the Health Department with any questions at 723-6416.

Check your child's immunization record at <https://www.dhswir.org>



Advance Directives

Medical emergencies can happen to anyone at any time, and can leave a person unable to make decisions for him/herself. Having an advance directive in place lets others know what kind of medical care you would want. There are two documents involved:

A **Health Care Power of Attorney** is a document that names someone to make medical decisions for you when you are unable to do so. This person should be familiar with your values and wishes and able to make health care treatment decisions as you would. Naming a health care power of attorney can be done in addition to or instead of a living will.

A **Living Will** is a document that lists the types of treatment you do or do not want if you are permanently unconscious or dying and cannot make decisions about emergency treatments.

To obtain Wisconsin Advance Directive forms check out the Wisconsin Dept of Health Services website.

<https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>.

You can adjust your advance directive over time if your wishes change. Talking with your doctor about current medical conditions and their potential impact on your future health may be a place to start.

Source: National Institute on Aging

<https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives>

Suspect Stroke? Think F.A.S.T.

Stroke is the 5th leading cause of death in the United States and a leading cause of disability. Stroke occurs when blood cannot get to certain parts of the brain. Brain cells are then deprived of important oxygen and nutrients and begin to die. Spotting the signs of stroke and seeking treatment early can be critical in minimizing complications. Use the acronym F.A.S.T.

F Facial Drooping. Have the person smile; is it uneven or lopsided? Is one side of the face numb or drooping?

A Arm Weakness. Is one arm weak or numb? Have the person raise both arms. Does one arm drift downward?

S Speech Difficulty. Is speech slurred or difficult to understand? Ask the person to repeat a simple sentence, like "The grass is green." Can the person repeat the sentence correctly?





T Time to call 911. If the person exhibits any of these, even if they go away, call 9-1-1. Take note when the first symptoms appeared. Emergency responders will want to know.

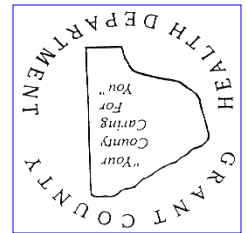
Other signs to look out for include: Sudden trouble seeing in one or both eyes, sudden confusion, sudden severe headache with no known cause, or sudden trouble walking, dizziness, loss of balance and coordination.

Additional resources: www.strokeassociation.org

STROKE is an Emergency.
Every minute counts.

ACT F.A.S.T!

	F ACE	Does one side of the face droop? Ask the person to smile.
	A RMS	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
	S PEECH	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
	T IME	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.



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